# HOW TO ORDER REPLACEMENT PARTS

If you encounter any difficulties or problems with this product, contact the ICON Fitness Lifestyle Ltd. office, or write:

ICON Fitness Lifestyle Ltd.
Greenwich House
223 North Street
Sheepscar
West Yorkshire
Leeds LS7 2AA

Tel: Country Code: 0345-089009
Fax: 0113-2411120

- The MODEL NUMBER of the product (WLEX69071).
- The NAME of the product (WESLO PURSUIT® 695i).
- The SERIAL NUMBER of the product (see the front cover of this manual).
- The KEY NUMBER and DESCRIPTION of the part(s) (see the PART LIST on page 14 of this manual).

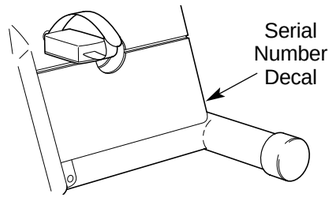
Part No. 145501 R0398A WESLO is a registered trademark of ICON Health & Fitness, Inc. © 1998 Printed in China

WESLO PURSUIT 695i

LOW IMPACT EXERCISE CYCLE

**Model No. WLEX69071**
**Serial No. _____**

Write the serial number in the space above for future reference.




## QUESTIONS?

**As a manufacturer, we are committed to providing complete customer satisfaction. If you have questions, or find that there are missing or damaged parts, we will guarantee you complete satisfaction through our Customer Service Department.**

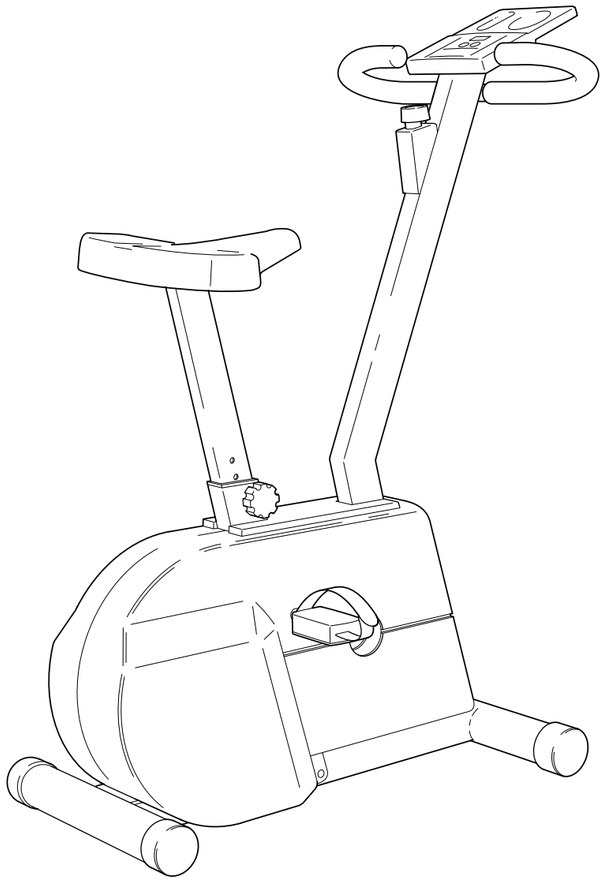
**Please CALL:**
**0345-089009**

**Or WRITE:**
**ICON Fitness Lifestyle Ltd.**
**Greenwich House**
**223 North Street**
**Sheepscar**
**West Yorkshire**
**Leeds LS7 2AA**

## CAUTION

**Read all precautions and instructions in this manual before using this equipment. Keep this manual for future reference.**

**CLASS H C**
**Fitness Product**



# USER'S MANUAL

WESLO PURSUIT 695i

LOW IMPACT EXERCISE CYCLE

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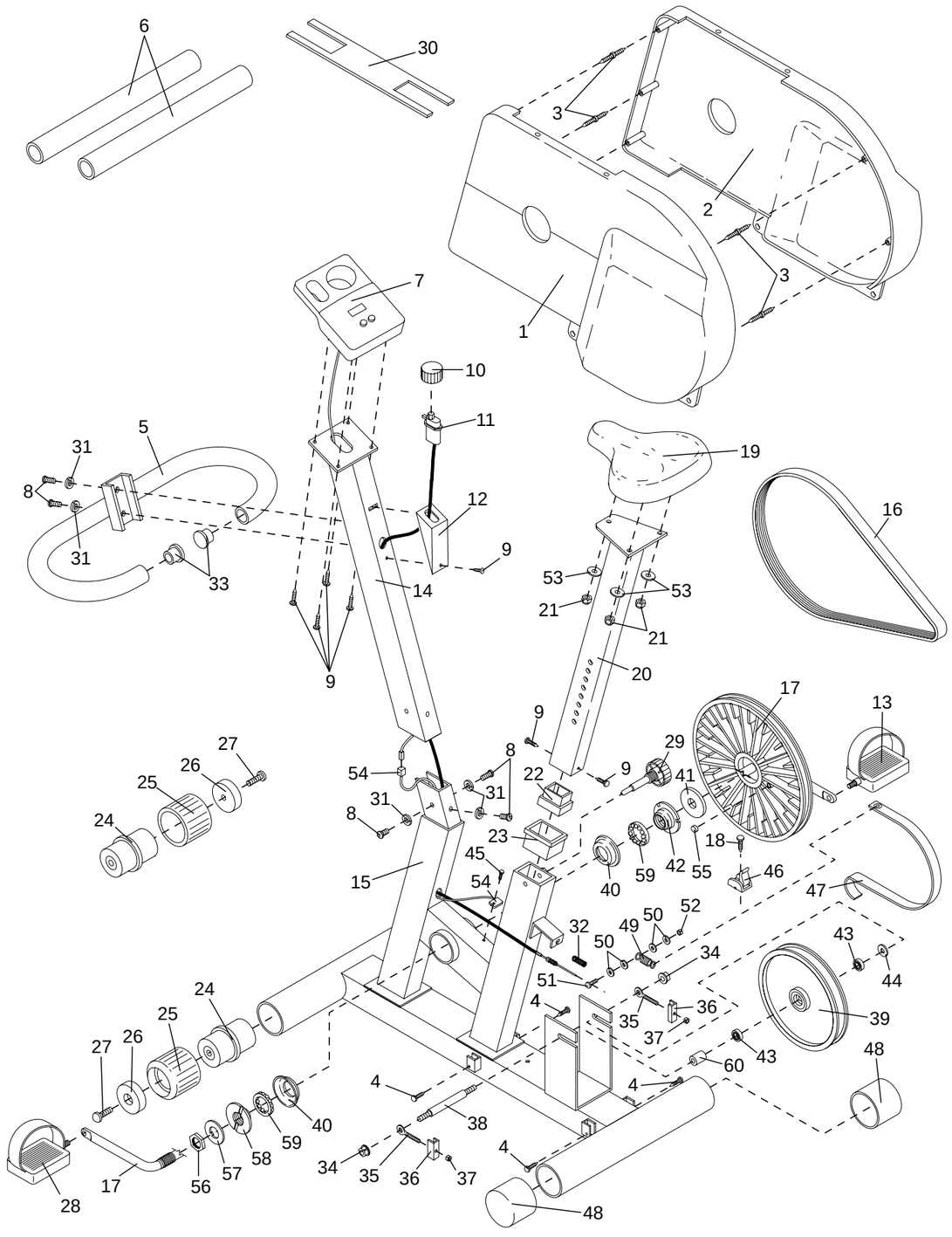
# EXPLODED DRAWING—Model No. WLEX69071

R0398A



# PART LIST—Model No. WLEX69071

R0398A

| Key No. | Qty. | Description | Key No. | Qty. | Description |
|---|---|---|---|---|---|
| 1 | 1 | Left Side Shield | 33 | 2 | Handlebar Endcap |
| 2 | 1 | Right Side Shield | 34 | 2 | M8 Washer Nut |
| 3 | 5 | Double Tree Fastener | 35 | 2 | Adjustment Bolt |
| 4 | 4 | Side Shield Screw | 36 | 2 | Adjustment Bracket |
| 5 | 1 | Handlebar | 37 | 2 | M6 Nut |
| 6 | 2 | Foam Grip | 38 | 1 | Flywheel Axle |
| 7 | 1 | Console | 39 | 1 | Flywheel |
| 8 | 5 | M10 x 25mm Button Screw | 40 | 2 | Bearing Cup |
| 9 | 7 | M4 x 16mm Screw | 41 | 1 | Crank Washer |
| 10 | 1 | Resistance Knob | 42 | 1 | Notched Crank Nut |
| 11 | 1 | Resistance Cable | 43 | 2 | Flywheel Bearing |
| 12 | 1 | Knob Housing | 44 | 1 | M10 Washer |
| 13 | 1 | Right Pedal | 45 | 1 | M4 x 12mm Washer Head Screw |
| 14 | 1 | Handlebar Post | 46 | 1 | Strap Buckle |
| 15 | 1 | Frame | 47 | 1 | Resistance Strap |
| 16 | 1 | Belt | 48 | 2 | Stabilizer Endcap |
| 17 | 1 | Crank/Pulley | 49 | 1 | Large Spring |
| 18 | 1 | M4 x 12mm Flat Head Screw | 50 | 4 | M4 Washer |
| 19 | 1 | Seat | 51 | 1 | M4 x 14mm Bolt |
| 20 | 1 | Seat Post | 52 | 1 | M4 Nut |
| 21 | 3 | M8 Nylon Locknut | 53 | 3 | M8 Split Washer |
| 22 | 1 | 25.4mm x 50.8mm Bushing | 54 | 1 | Reed Switch/Wire |
| 23 | 1 | Seat Post Bushing | 55 | 1 | Magnet |
| 24 | 2 | Wheel Hub | 56 | 1 | Crank Nut |
| 25 | 2 | Wheel | 57 | 1 | Notched Crank Washer |
| 26 | 2 | Wheel Spacer | 58 | 1 | Slotted Crank Nut |
| 27 | 2 | M6 x 16mm Self-tapping Screw | 59 | 2 | Bearing |
| 28 | 1 | Left Pedal | 60 | 1 | Flywheel Spacer |
| 29 | 1 | Seat Knob | # | 1 | User’s Manual |
| 30 | 1 | Side Shield Cover | # | 1 | Console Decal Sheet |
| 31 | 5 | M10 Split Washer | # | 1 | Allen Wrench |
| 32 | 1 | Small Spring | | | |

Note: “#” indicates a non-illustrated part. Specifications are subject to change without notice. See the back cover of this manual for information about ordering replacement parts.



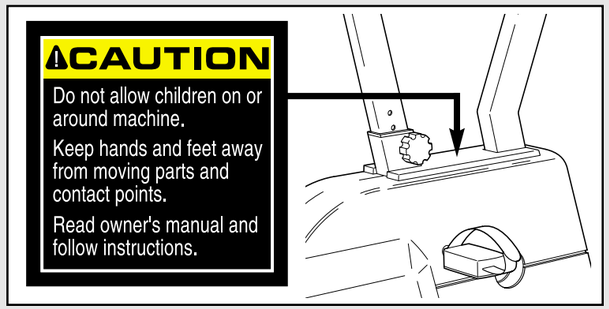
# IMPORTANT PRECAUTIONS

**WARNING: To reduce the risk of serious injury, read the following important precautions before using the exercise cycle.**

1. **Read all instructions in this manual before using the exercise cycle. Use the exercise cycle only as described.**
2. **It is the responsibility of the owner to ensure that all users of the exercise cycle are adequately informed of all precautions.**
3. **Use the exercise cycle indoors, away from moisture and dust. Place the exercise cycle on a level surface, with a mat beneath it to protect the floor or carpet from damage.**
4. **Inspect and tighten all parts regularly. Replace any worn parts immediately.**
5. **Keep children under the age of 12 and pets away from the exercise cycle at all times.**
6. **The exercise cycle should not be used by persons weighing more than 250 pounds.**
7. **Wear appropriate clothing when exercising; do not wear loose clothing that could become caught on the exercise cycle. Always wear athletic shoes for foot protection.**
8. **When adjusting the seat, insert the seat knob through one of the holes in the seat post (see the drawing on page 4). Do not insert the seat knob under the seat post.**
9. **Always keep your back straight when using the exercise cycle. Do not arch your back.**
10. **If you feel pain or dizziness at any time whilst exercising, stop immediately and begin cooling down.**
11. **The exercise cycle is intended for in-home use only. Do not use the exercise cycle in a commercial, rental, or institutional setting.**

**WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems. Read all instructions before using. ICON assumes no responsibility for personal injury or property damage sustained by or through the use of this product.**

**The decal shown at the right has been placed on the exercise cycle. If the decal is missing, or if it is not legible, please call our Customer Service Department to order a free replacement decal. Apply the replacement decal in the location shown.**

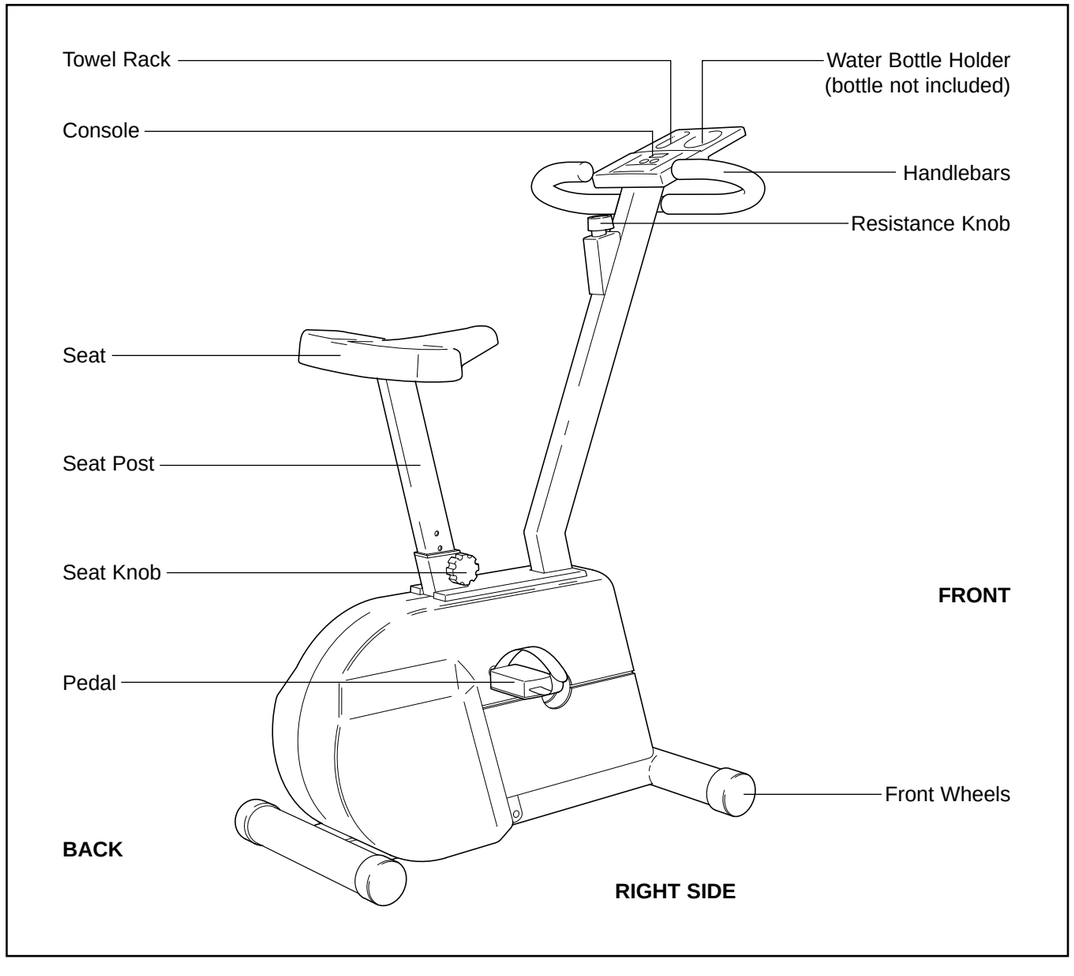

CAUTION
Do not allow children on or around machine.
Keep hands and feet away from moving parts and contact points.
Read owner's manual and follow instructions.

# BEFORE YOU BEGIN

Thank you for selecting the new WESLO PURSUIT® 695i exercise cycle. The PURSUIT 695i blends advanced engineering with contemporary styling to provide you with a low-impact workout in the convenience and privacy of your own home.

**For your benefit, read this manual carefully before you use the PURSUIT 695i.** If you have additional questions, please call our Customer Service Department at **0345-089009.** To help us assist you, please mention the product model number and serial number when calling. The model number is WLEX69071. The serial number can be found on a decal attached to the PURSUIT 695i (see the front cover of this manual for the location of the decal).

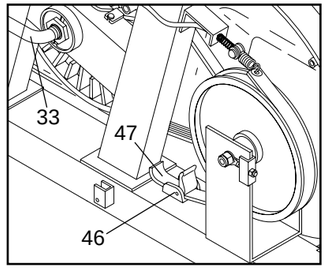
Before reading further, please look at the drawing below and familiarize yourself with the parts that are labeled.






**HOW TO ADJUST THE RESISTANCE STRAP**

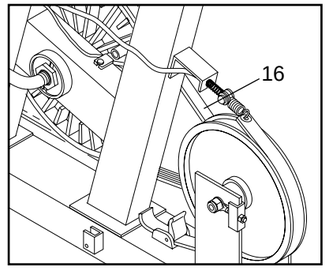
If there is not enough pedaling resistance when the resistance knob is turned to the highest setting, the Resistance Strap (47) may need to be adjusted. To adjust the Resistance Strap, the left side shield must first be removed. Refer to the instructions at the left and remove the left side shield.



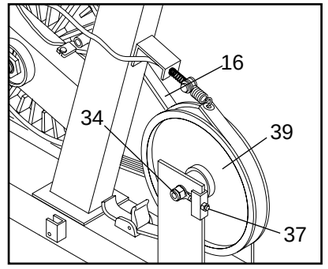

Next, turn the resistance knob to the lowest setting. Locate and open the Strap Buckle (46). Grip the end of the Resistance Strap (47) and pull it up to remove any slack. While holding the end of the Resistance Strap, **fully** close the Strap Buckle. Turn the Crank (33) for a moment to make sure that there is not too much resistance. When the Resistance Strap is properly adjusted, reattach the left side shield and pedal.

**HOW TO ADJUST THE BELT**

The exercise cycle features a belt that must be kept properly adjusted. If the belt causes excessive noise or slips as you pedal, the belt should be checked. To do this, the left side shield must first be removed. Refer to the instructions on page 12 and remove the left side shield.




Next, use an adjustable wrench to turn the right pedal counterclockwise and remove it. Remove the right side shield. Press down on the center of the Belt (16) between the front and rear pulleys. **There should be from 1/4" to 1/2" of vertical movement in the center of the Belt.**




If the Belt (16) is properly adjusted, reattach the side shields and pedals. If the Belt needs to be adjusted, loosen the M8 Washer Nut (34) on each side of the Flywheel (39). To tighten the Belt, turn the two M6 Nuts (37) clockwise; to loosen the Belt, turn the Nuts counterclockwise. Make sure that the Flywheel is straight and tighten the M8 Washer Nuts (34). Reattach the side shields and pedals.

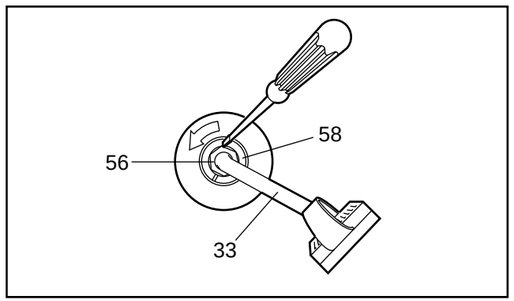
# MAINTENANCE AND TROUBLE-SHOOTING

Inspect and tighten all parts of the exercise cycle regularly. Replace any worn parts immediately.

The exercise cycle can be cleaned with a soft, damp cloth. Avoid spilling liquid on the console. Keep the console out of direct sunlight or the display may be damaged. Remove the batteries when storing the exercise cycle.

**HOW TO TIGHTEN THE CRANK**

If the arms of the Crank (33) become loose, they should be tightened in order to prevent excessive wear. Loosen the Crank Nut (56) on the left arm of the



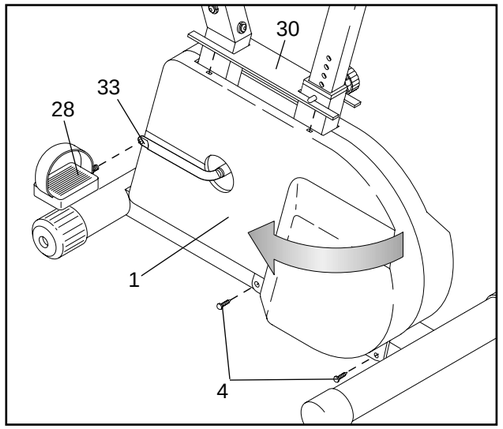

Crank. Place the end of a standard screwdriver in one of the slots in the Slotted Crank Nut (58). Lightly tap the screwdriver with a hammer to turn the Slotted Crank Nut counterclockwise until the arms are no longer loose. **Do not overtighten the Slotted Crank Nut.** When the Slotted Crank Nut is properly tightened, retighten the Crank Nut.

**BATTERY REPLACEMENT**

If the console does not function properly, the batteries should be replaced. To replace the batteries, see assembly step 2 on page 6. In addition, make sure that the console wire is connected to the reed switch wire.

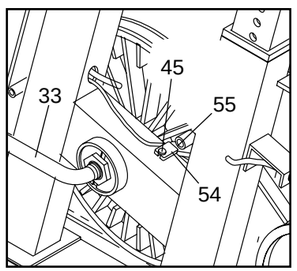
**HOW TO ADJUST THE REED SWITCH**

If the console does not display correct feedback, the reed switch should be adjusted. In order to adjust the reed switch, the Left Side Shield (1) must be removed. Using an adjustable wrench, turn the Left Pedal (28)




clockwise and remove it from the Crank (33). Remove the two Side Shield Screws (4) from the Left Side Shield. Next, lift the Side Shield Cover (30) off the Side Shields. Grasp both Side Shields at the top and gently pull them apart. Make sure that the arm of the Crank is in the position shown in the drawing above. Carefully slide the Left Side Shield forward off the arm of the Crank and remove it.

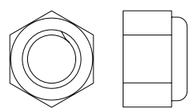
Next, locate the Reed Switch (54). Turn the Crank (33) until the Magnet (55) is aligned with the Reed Switch. Loosen but do not remove the M4 x 16mm Screw (45). Slide the Reed Switch slightly closer to or away from the Magnet. Retighten the Screw. Turn the Crank for a moment. Repeat until the console displays correct feedback. When the Reed Switch is correctly adjusted, reattach the left side shield and pedal.



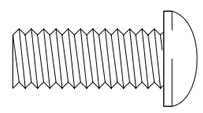



# PART IDENTIFICATION CHART

Use the chart below for help identifying the small parts used in assembly. The number in parenthesis below each part refers to the key number of the part. The second number refers to the quantity used in assembly. **Note: Some parts may have been pre-attached for shipping purposes. If a part is not found in the parts bag, check to see if it has been pre-attached.**

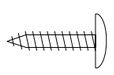


M8 Nylon Locknut (21)–3

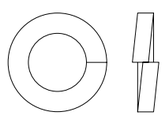


M10 x 25mm Button Screw (8)–5

M8 Split Washer (53)–3



M4 x 16mm Screw (9)–5



M10 Split Washer (31)–5

# ASSEMBLY

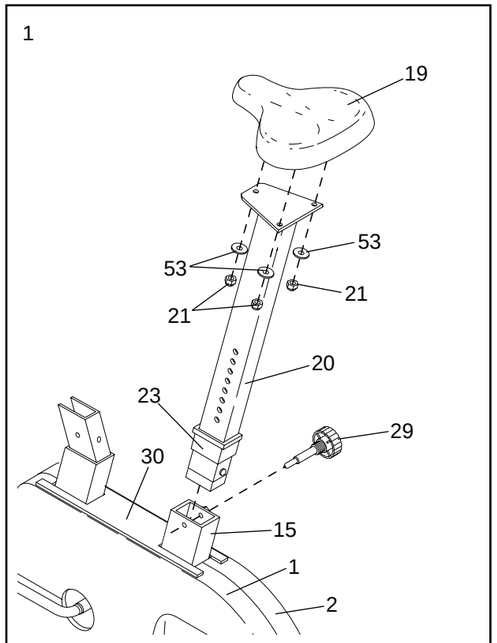
Place all parts of the PURSUIT 695i in a cleared area and remove the packing materials. **Do not dispose of the packing materials until assembly is completed.**

**Assembly requires the included allen wrench , a phillips screwdriver , and two adjustable spanners .**

1. Press the Side Shield Cover (30) onto the Left and Right Side Shields (1, 2).

   Insert the Seat Post (20) into the Frame (15). Align one of the holes in the Seat Post with the hole in the Frame. Insert the Seat Knob (29) into the Frame and the Seat Post, and tighten the Seat Knob into the Frame. **Make sure to insert the Seat Knob through one of the holes in the Seat Post; do not insert the Seat Knob under the Seat Post.**

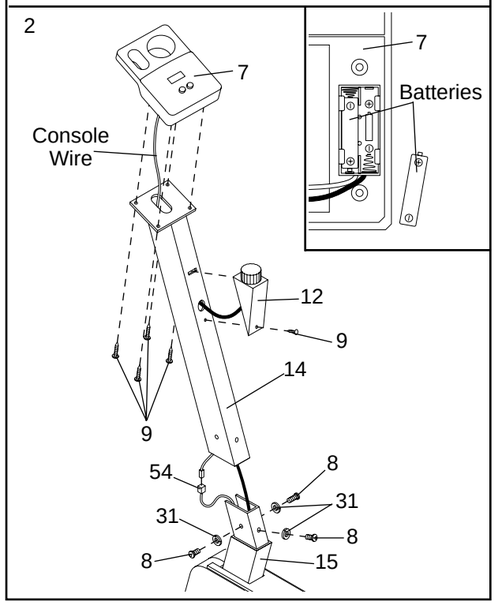
   Attach the Seat (19) to the Seat Post (20) with three M8 Nylon Locknuts (21) and three M8 Split Washers (53). (Note: The Nylon Locknuts and Split Washers may be pre-attached to the bottom of the Seat.)




2. The Console (7) requires two 1.5V batteries (not included). Alkaline batteries are recommended. Refer to the inset drawing. Locate the battery compartment on the back of the Console. Press two batteries into the battery compartment. **Make sure that the negative ends of the batteries (marked "–") are touching the springs in the battery compartment.**

   Insert the console wire through the Handlebar Post (14). Connect the console wire to the Reed Switch Wire (54). Attach the Console (7) to the Handlebar Post with four M4 x 16mm Screws (9).

   Carefully slide the Handlebar Post (14) onto the Frame (15). **Be careful to avoid pinching the wires inside the Handlebar Post.** Attach the Handlebar Post with three M10 x 25mm Button Screws (8) and three M10 Split Washers (31). Attach the Knob Housing (12) to the Handlebar Post with an M4 x 16mm Screw (9).






**Training zone exercise**, consisting of 20 to 30 minutes of exercising with your heart rate in your training zone. (During the first few weeks of your exercise program, do not keep your heart rate in your training zone for longer than 20 minutes.)

**A cool-down**, with 5 to 10 minutes of stretching. This will increase the flexibility of your muscles and will help to prevent post-exercise problems.

**EXERCISE FREQUENCY**

To maintain or improve your condition, plan three workouts each week, with at least one day of rest between workouts. After a few months of regular exercise, you may complete up to five workouts each week, if desired. **Caution: Be sure to progress at your own pace and avoid overdoing it. Incorrect or excessive training may result in injury to your health.**

Remember, the key to success is make exercise a regular and enjoyable part of your everyday life.

**SUGGESTED STRETCHES**

The correct form for several basic stretches is shown at the right. Move slowly as you stretch—never bounce.

**1. Toe Touch Stretch**

Stand with your knees bent slightly and slowly bend forward from your hips. Allow your back and shoulders to relax as you reach down toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times. Stretches: Hamstrings, back of knees and back.

**2. Hamstring Stretch**

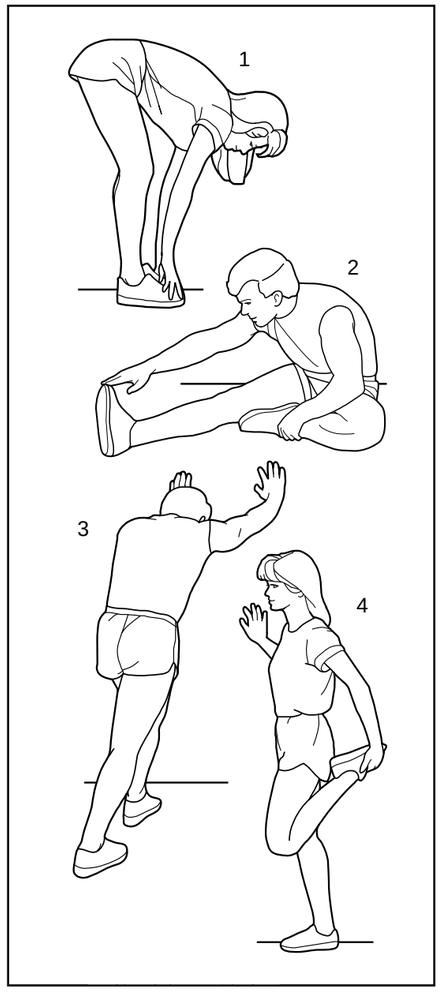
Sit with one leg extended. Bring the sole of the opposite foot toward you and rest it against the inner thigh of your extended leg. Reach toward your toes as far as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Hamstrings, lower back and groin.

**3. Calf/Achilles Stretch**

With one leg in front of the other, reach forward and place your hands against a wall. Keep your back leg straight and your back foot flat on the floor. Bend your front leg, lean forward and move your hips toward the wall. Hold for 15 counts, then relax. Repeat 3 times for each leg. To cause further stretching of the achilles tendons, bend your back leg as well. Stretches: Calves, achilles tendons and ankles.

**4. Quadriceps Stretch**

With one hand against a wall for balance, reach back and grasp one foot with your other hand. Bring your heel as close to your buttocks as possible. Hold for 15 counts, then relax. Repeat 3 times for each leg. Stretches: Quadriceps and hip muscles.



# CONDITIONING GUIDELINES

The following guidelines will help you to plan your exercise program. Remember that proper nutrition and adequate rest are essential for successful results.

**WARNING: Before beginning this or any exercise program, consult your physician. This is especially important for persons over the age of 35 or persons with pre-existing health problems.**

### EXERCISE INTENSITY

Whether your goal is to burn fat or to strengthen your cardiovascular system, the key to achieving the desired results is to exercise with the proper intensity. The proper intensity level can be found by using your heart rate as a guide. The chart below shows recommended heart rates for fat burning, maximum fat burning, and cardiovascular (aerobic) exercise.

**HEART RATE TRAINING ZONES**

| ♥ | MIN BPM | | MAX BPM | ♥ |
|---|---|---|---|---|
| AGE | Fat Burn | Max Burn | Aerobic | |
| 20 | 125 | 145 | 165 | |
| 30 | 120 | 138 | 155 | |
| 40 | 115 | 130 | 145 | |
| 50 | 110 | 125 | 140 | |
| 60 | 105 | 118 | 130 | |
| 70 | 95 | 110 | 125 | |
| 80 | 90 | 103 | 115 | |

To find the proper heart rate for you, first find your age on the left side of the chart (ages are rounded off to the nearest ten years). Next, find the three numbers to the right of your age. The three numbers are your “training zone.” The lowest number is the recommended heart rate for fat burning; the middle number is the heart rate for maximum fat burning; the highest number is the heart rate for aerobic exercise.

### Burning Fat

To burn fat effectively, you must exercise at a relatively low intensity level for a sustained period of time.

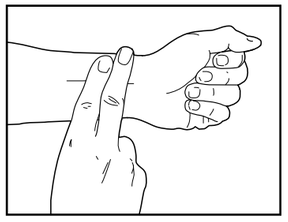
During the first few minutes of exercise, your body uses easily accessible carbohydrate calories for energy. Only after the first few minutes of exercise does your body begin to use stored fat calories for energy. If your goal is to burn fat, adjust the intensity of your exercise until your heart rate is near the lowest number in your training zone as you exercise.

For maximum fat burning, adjust the intensity of your exercise until your heart rate is near the middle number in your training zone as you exercise.

### Aerobic Exercise

If your goal is to strengthen your cardiovascular system, your exercise must be “aerobic.” Aerobic exercise is activity that requires large amounts of oxygen for prolonged periods of time. This increases the demand on the heart to pump blood to the muscles, and on the lungs to oxygenate the blood. For aerobic exercise, adjust the intensity of your exercise until your heart rate is near the highest number in your training zone.

### HOW TO MEASURE YOUR HEART RATE



To measure your heart rate, first exercise for at least four minutes. Then, stop exercising and place two fingers on your wrist as shown. Take a six-second heartbeat count, and multiply the result by 10 to find your heart rate. For example, if your six-second heartbeat count is 14, your heart rate is 140 beats per minute. (A six-second count is used because your heart rate will drop rapidly when you stop exercising.)

### WORKOUT GUIDELINES

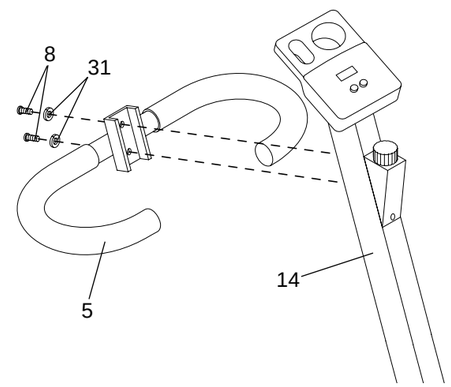
Each workout should include the following three parts:

**A warm-up**, consisting of 5 to 10 minutes of stretching and light exercise. (See page 11.) A proper warm-up increases your body temperature, heart rate, and circulation in preparation for exercise.



3. Attach the Handlebar (5) to the Handlebar Post (14) with two M10 x 25mm Button Screws (8) and two M10 Split Washers (31).

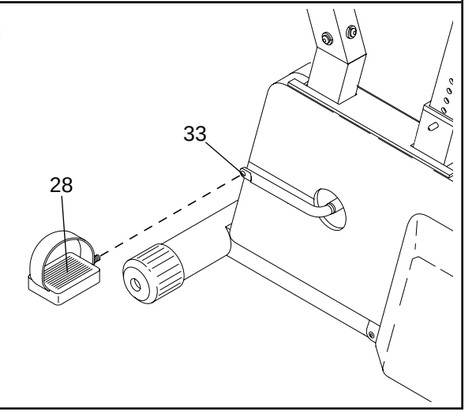
3




4. Identify the Left Pedal (28); there is an “L” on the Left Pedal for identification. Using an adjustable wrench, tighten the Left Pedal counterclockwise into the left arm of the Crank (33).

   Tighten the Right Pedal (not shown) clockwise into the right arm of the Crank (33).

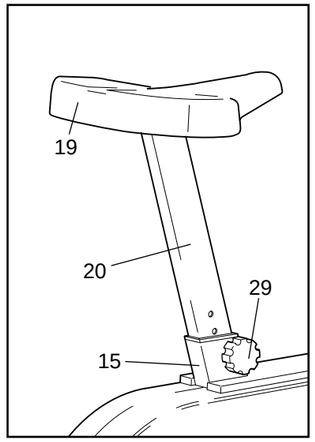
4




5. Make sure that all parts are properly tightened before you use the exercise bike.

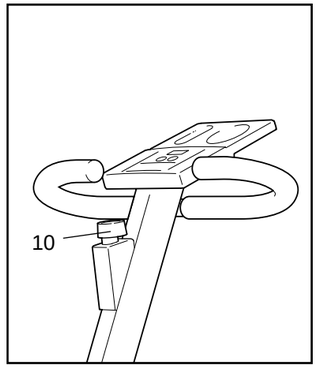
# HOW TO USE THE PURSUIT 695i

## HOW TO ADJUST THE SEAT




For effective exercise, the Seat (19) should be at the proper height. As you pedal, there should be a slight bend in your knees when the pedals are in the lowest position. To adjust the Seat, first hold the Seat and unscrew the Seat Knob (29). Align one of the holes in the Seat Post (20) with the hole in the Frame (15). Insert the Seat Knob into the Frame and the Seat Post, and tighten the Seat Knob into the Frame. **Caution: Make sure to insert the Seat Knob through one of the holes in the Seat Post; do not insert the Seat Knob under the Seat Post.**

## HOW TO ADJUST THE PEDALING RESISTANCE

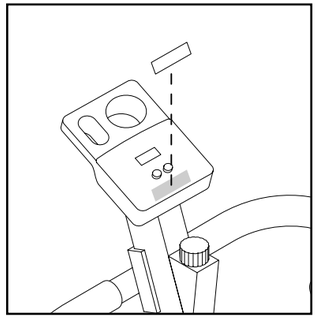



To vary the intensity of your exercise, the pedaling resistance can be adjusted. The resistance is controlled with the Resistance Knob (10). To increase the resistance, turn the Resistance Knob clockwise; to decrease the resistance, turn the Resistance Knob counterclockwise.

## HOW TO APPLY AN INFORMATION DECAL TO THE CONSOLE

# 141601
BELANGRIJK: U kunt zware verwondingen oplopen als u dit apparaat misbruikt • Lees uw Gebruikershandleiding en volg alle voorzorgsmaatregelen en instructies voor gebruik
WARNUNG: Falsche Verwendung dieses Gerätes kann ernsthafte Verletzungen hervorrufen • Lesen Sie die Bedienungsanleitung und befolgen Sie die folgenden Warnungen und die Hinweise zur Bedienung des Gerätes
ATTENZIONE: L'uso improprio di questo apparecchio potrebbe provocare seri danni • Leggete il manuale d'istruzioni seguendo attentamente quanto descritto
ATTENTION: • Le mauvais usage de cet appareil peut causer des blessures graves • Lisez le Manuel de l'Utilisateur et suivez les précautions et les instructions d'opération • Gardez tout liquide éloigné de la console électronique
AVISO: • Mal uso de este equipo pueda causar lesiones serias • Lea el Manual del Usuario y figa las advertencias e instrucciones • Mantenga liquidos lejos de la consola

All of the information on the console is printed in English. The included decal sheet contains the same information in five other languages. If English is not your native language, find the decal on the decal sheet that is printed in your language

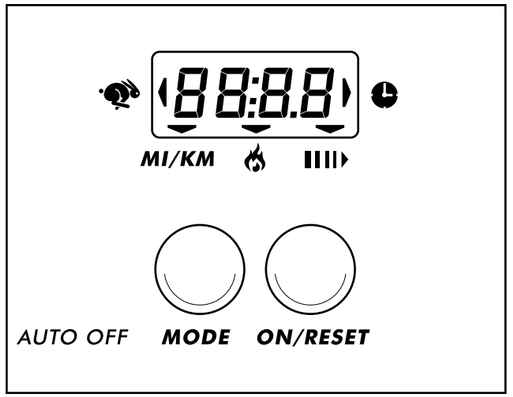


Next, peel the information decal off the decal sheet. Apply the decal to the console in the location shown.



## DESCRIPTION OF THE CONSOLE

The console features five modes that provide instant exercise feedback during your workouts. The modes are described below.




Speed—Displays your pedaling speed, in kilometers per hour*.

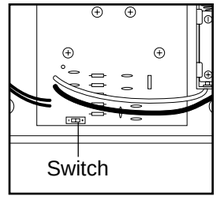
Time—Displays the length of time you have exercised. Note: If you stop pedaling for ten seconds or longer, the time mode will pause until you resume.

MI/KM Distance—Displays the total number of kilometers* you have pedaled during your workout.

Calorie—Displays the approximate number of Calories you have burned.

Scan—Displays the speed, time, distance, and calorie modes, for 5 seconds each, in a repeating cycle.

*The console can display speed and distance in either kilometers or miles. To change the unit of measurement to miles, first remove the console from the exercise cycle (see assembly step 2 on page 6). Locate the small switch on the back of the console and move the switch to the "+" position. To change the unit of measurement back to kilometers, move the switch to the "–" position.




## BATTERY INSTALLATION

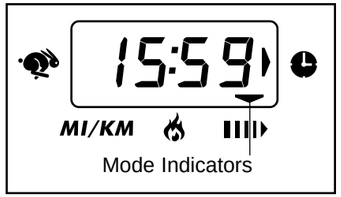
Before the console can be operated, two "AA" batteries must be installed. If you have not installed batteries, see assembly step 2 on page 6.

## HOW TO OPERATE THE CONSOLE

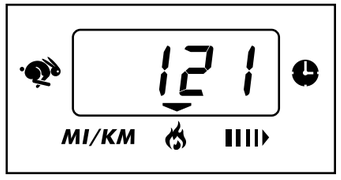
1. To turn on the power, press the on/reset button or simply begin pedaling. When the power is turned on, the entire display will appear for two seconds. The console will then be ready for operation.

2. Select one of the five modes:

Scan mode—When the power is turned on, the scan mode will automatically be selected. One mode indicator will show that the scan mode is selected, and a flashing mode indicator will show which mode is currently displayed. Note: If a different mode is selected, you can select the scan mode again by repeatedly pressing the mode button.




Speed, time, distance, or calorie mode—To select one of these modes for continuous display, repeatedly press the mode button. The mode indicators will show which mode is selected. (Make sure that the scan mode is not selected.)




3. To reset the display, press the on/reset button.

4. To turn off the power, simply wait for about four minutes. **Note: The console has an "auto-off" feature. If the pedals are not moved and the console buttons are not pressed for four minutes, the power will turn off automatically in order to conserve the batteries.**